The Fort Erie Times
Thursday, February 20, 2014

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Hit the brakes

Canadian Niagara Power raises awareness for road safety

2

Winter danger

Ice caves in Crystal Beach have been evacuated

3

Meteors defeated by Corvairs in 7–0 shutout

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Horses rescued from icy water

HARRY ROSETTANI Special to The Times

Members of the Fort Erie Fire Department were called out Monday afternoon to rescue two horses that were stuck in a pond on College Rd. in Stevensville. One horse was able to be coaxed out of the water. Firefighters used a winch to pull the second horse from the pond.

Union fights for mail service

Local 536 encourages public to sign petition to keep door-to-door service

Sarah Ferguson
Fort Erie Times

Canadian Union of Postal Workers Local 536 is continuing their fight for door-to-door delivery and they need the community's help.

"The changes are coming to small communities like (Fort Erie) and we want Canada Post to rethink its plan," said union president Jennifer Young.

Local 536 represents mail carriers that oppose Canada Post's decision to cut door-to-door service over the next five years. Mail will be delivered to community mailboxes.

Canada Post made the decision to cut door-to-door service on Dec. 11. Other changes include increasing the cost of a stamp from 63 cents to $1.

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SARAH FERGUSON Fort Erie Times

From left, Angus Orford, vice president of operations, Ryan McCallum, powerline technician and Don Gilbert, manager of operations, want the public to slow down and watch for Canadian Niagara Power workers as they work on the roads.

Power company urges motorists to slow down

Canadian Niagara Power launches Hit the Brakes campaign to raise awareness for work crews on the road

> **Our biggest danger to this job is our exposure to traffic."**
>
> *— Angus Orford*

Sarah Ferguson
Fort Erie Times

Canadian Niagara Power is asking motorists to share the roads.

The power company has launched its Hit The Brakes campaign to increase awareness of Canadian Niagara Power crews working along the roadside, said customer service and human resources manager Kristine Carmichael.

Bright yellow stickers with the slogan 'Hit the brakes, not us' have been placed on service vehicles and are a reminder to drivers to share the road. Carmichael said drivers are encouraged to approach working crews with caution, pass only when it's safe to do so.

"There have been two fatalities in Ontario in 2011 and it is important to raise awareness about safety," said Angus Orford, vice president of operations.

"When people see the yellow cones and the stickers on our vehicles we hope that they will slow down," he added.

Out on the road repairing power lines, or performing maintenance, Orford said he has seen motorists hit cones, and don't always realize crews are working.

"Our biggest danger in this job is our exposure to traffic," he said.

Don Gilbert, manager of operations, said it is difficult for a crew to be out working in the winter months due to snowbanks.

"We don't get a lot of room because snow banks can get in our way. When this happens, there is even less room on the road for us and for motorists," he said.

"Sometimes when people drive by, they don't always realize we are there. Sometimes they don't realize how quickly a construction site can come up," he added.

Orford said there is a growing trend in a driver's distraction because of cell phones and other distractions.

"When you're driving distracted, it's comparable to driving under the influence," he said.

Orford said Canada Niagara Power asks motorists to hit their brakes and slow down to make sure crews have a safe work area on the road.

sarah.ferguson@sunmedia.

Have you HEARD?

by Alaina Hillier, M.Cl.Sc
Registered by CASLPO
Doctor in Audiology, Audiologist

IT'S INVISIBLE

Until recently, the least visible of hearing instruments has been the "completely-in-the-canal" (CIC) instrument. Instruments of this type are molded to fit inside your ear canal more deeply than an "in-the-canal" (ITC), which is also custom molded and fits partly in the ear canal. And there now is a new style of hearing instrument, the "invisible-in-canal" (IIC), which is really true to its name. These are the smallest hearing instruments available. They are so small that they can be placed so deeply inside the ear canals that they cannot be seen even when looked for. Aside from this aesthetic advantage, IICs allow users to benefit from the natural shape of the ear for better localization of sounds.

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Patterson Chrysler Picks of The Week

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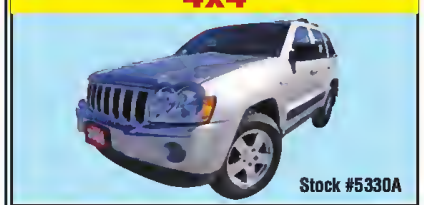

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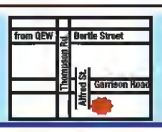

Injuries, cracking cause police to evacuate ice caves

Alison Langley
QMI Agency Niagara

Police and fire crews ordered the evacuation of the popular ice caves at Crystal Beach Monday afternoon after cracks began forming under the feet of visitors.

"We have reports that there's been some cracks open up on the ice and it has become unstable," said acting Insp. Bill Harris of the Niagara Regional Police.

While hundreds of people a day were visiting the ice formations on Lake Erie near the Crystal Beach public boat dock, police say that figure grew to thousands on Family Day Monday.

"We were pulling people out of the caves ... up to 30 or 40 people," said Fort Erie fire Chief Larry Coplen.

While people continued to mill about, fire officials marked off the caves with fire scene tape.

Several people were injured over the weekend trying to scale the icy summits.

"We've had several fractures today," Harris said Monday.

A man suffered a concussion Sunday, and a woman broke her hip on Monday.

Reaching the injured became a challenge for first responders due to heavy traffic congestion in the area.

"We've had people basically jamming up the roads to the point we can't get emergency vehicles in or out," Coplen said.

The town closed several roads in the immediate area in order to funnel traffic along a designated route, but drivers were still blocking access points.

The population of Crystal Beach has been burgeoning in recent weeks a people flocked there to marvel at the unique ice formations on Lake Erie.

"It is absolutely beautiful," Shawna Cooper said Sunday.

She travelled from Buffalo to wander through the massive ice formations.

The phenomenon is called shove ice -- the formation of ice that freezes on top of the water before high winds come in, break up all the ice and the waves pound it into shore, pushing the ice up on top of itself building castles of ice on the frozen water.

The shove ice has created three massive ice caves and at least one large ice bridge.

The largest cave is about nine metres deep and about 4.5 metres wide and have a head space roughly two metres high.

"The caves are so cool," said nine-year Ayden Januski of Hamilton.

He and his younger brother Caleb spent hours Sunday sliding up and down the entrances to the caves.

"It's cold, but it doesn't matter because we're having so much fun," the youngster said.

Shove ice formations are not uncommon, but it is rare to see them so close to shore.

"People are telling me they haven't see this in 20 to 30 years," Coplen said.

"It usually happens in areas you can't get to, and this is right at the shoreline and totally accessible."

alison.langley@sunmedia.ca

DAN DAKIN QMI Agency Niagara

Welland brothers Landon and Harrison Hollingsworth look into one of the ice caves that has formed on the Lake Erie shoreline near Crystal Beach Saturday. Thousands of people visited the ice formations over the weekend. Right: People walk around one of the ice structures that has formed on the Lake Erie shoreline near Crystal Beach Saturday.

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People with Alzheimer's Disease 'should be treated with dignity and respect'

Sarah Ferguson
Fort Erie Times

Having Alzheimer's Disease, or another form of dementia, isn't a normal part of the aging process.

But as a person ages, his or her risk of developing a form of dementia like Alzheimer's disease increases, Jamie Wilson-Howe said.

"One of the biggest risk factors for dementia is age. The risk for dementia increases as we age and we are living a lot longer than our predecessors," she added.

Wilson-Howe, who is an education coordinator for the Alzheimer Society of Niagara, visited the Fort Erie Public Library's Centennial branch last Wednesday to talk about Alzheimer's Disease and other forms of dementia.

"Dementia is an umbrella term for a wide variety of brain disorders," Wilson-How said.

"It affects and clouds the ability to complete daily tasks like following a recipe or driving a car."

She said dementia represents the most significant social and health crisis of the 21st century and more than 35.6 million people worldwide are diagnosed with dementia. That number is expected to climb 65% by 2021.

Wilson-Howe said about 8,500 people living in Niagara have dementia.

There are a number of myths surrounding Alzheimer's disease, which include the belief that Alzheimer's Disease only affects older people.

"While age is the biggest risk factor, most people don't develop the disease as they age," Wilson-Howe said.

"Even with the late onset form of the disease, people have been diagnosed with (Alzheimer's Disease) in their 40s and 50s."

Another myth about the disease is a person will get it if a loved one has been diagnosed with it.

"Even if you have family members that have it, it doesn't mean you will have Alzheimer's Disease."

Wilson-Howe said a person with a sibling or parent with the disease has a "very slightly increased risk" of getting the disease.

There is also the belief that memory loss automatically means it's Alzheimer's disease.

"Many people have trouble with their memory, but that in itself does not mean they have Alzheimer's Disease," Wilson-Howe said.

When memory loss affects a person's ability to function and his or her's ability to reason, or communicate properly, that's when it's time to see a doctor.

Sometimes people believe a person with Alzheimer's Disease aren't able to understand what is going on around them, or that their lives are over.

But Wilson-Howe said neither of those beliefs are true.

"Just because a person has Alzheimer's Disease doesn't mean he or she can't contribute. You can't paint every person with the same brush," she said.

Some people with Alzheimer's Disease understand what is happening to them, while others have difficulty. Although there is no cure for the disease, medication can be used to treat the symptoms of a person suffering from Alzheimer's Disease.

"When we assume someone doesn't understand, feelings can unintentionally be hurt," Wilson-How said.

"A person with dementia is still the same person as before and need to be treated with dignity and respect."

For more information about Alzheimer's Disease and other forms of dementia call the Alzheimer Society of Niagara at 905-687-3914.

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Wayne Gates wins byelection

Gates looking forward to representing Niagara Falls riding at Queen's Park after winning Feb. 13 byelection

Sarah Ferguson
Fort Erie Times

With the byelection out of the way, the Niagara Falls Riding's newest MPP is looking forward to getting to work.

"I'm very excited and thankful to the residents of the Niagara Falls riding from Niagara Falls, to Niagara-on-the-Lake and Fort Erie," Wayne Gates, a former Niagara Falls city councillor said.

"I'm honoured and I'm humbled to be MPP. I'm looking forward to getting to work and getting some jobs in Niagara," he said.

Gates said one of the first items on his agenda is to open a constituency office in Fort Erie.

"It's something that hasn't happened for a number of years. I want to be able to get in contact with the people if they need help," Gates said.

"It's a long way to travel to Niagara Falls."

Gates' win signals a shift in leadership in the Niagara Falls riding. It is the first time in 19 years that the riding is now represented by an NDP representative in Liberal Government.

Gates said the change isn't surprising.

See Page 9

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Riders need to respect the town's bylaw

This week, a reader called in to talk about raising awareness for snowmobilers who operate their snowmobiles illegally on sidewalks in Fort Erie.

Nancy Sears went to town hall three years ago and addressed council, asking them to put bylaw in place that would prohibit riders from using the sidewalks and parks as a place to ride.

Now, three years later, Sears says she is still seeing people ride their snowmobiles. Although the number of rides has significantly decreased, Sears says she is still frustrated.

Sears is concerned about the safety of her grandchildren when they play outside. She is also worried about pedestrians who pass by her home, and other children in her neighbourhood.

She wonders what will happen if a child is accidently run over, or if an adult becomes hurt.

Although Spring is almost here, there is still a few weeks left of winter, and that means a few more weeks for snowmobilers to enjoy their vehicles.

It's important for people to remember that the Town of Fort Erie does have a bylaw which states where a snowmobiler may ride. If a person is caught riding in a place where he or she shouldn't be, there is a $250 fine that may be given.

Snowmobilers also aren't allowed to operate their vehicles between 12 a.m. and 6 a.m. It is difficult to discern who is riding illegally and the police and town bylaw enforcers rely heavily on residents to help them enforce the rules.

When people do go out for a ride on a snowmobile, they should have fun, but they should also be cautious.

Riders should also be aware of safety and ride in designated areas.

Do You Remember?

Although we didn't learn the names of the happy couple in last week's romantic photo, we hope it put everyone in the mood for Valentine's Day.

In the previous week's photo of artist Janet Duchesne, she was incorrectly identified as a teacher at our Lady of Victory School. Mrs. Duchesne was a teacher at Our Lady of Grace School in Ridgeway.

We are hoping that someone will remember the people in this week's photo and wby they had their picture in the paper.

If you do, please call the Fort Erie Historical Museum at 905-894-5322 or send an e-mail museum@forterie.on.ca

Ritual leads to Mink sighting in Crystal Beach park

Earl Plato

Five days a week, all year for the past several years, brother Ed Plato and I stop at Timmys and then on to Crystal Beach Waterfront Park.

It's a ritual.

On Feb. 11,we saw a remarkable sight on the huge snow drifts at the entrance to the park. We saw cavorting on the snow banks a black coated wild mink. I captured it on film.

Ed and I have never seen any wild minks among the huge rocks. Wife Elaine and daughter Allison did some years ago. Think mink! It was black and scurrying among the big boulders at the water's edge. Allison first spied it.

What was it? It made clicking noises as it searched the many crevices for food. It was about two feet in length and black with a bushy tail. It was a wild mink.

Mink is a common name for an alert semi-aquatic, carnivorous animal that includes otters, weasels and yes, badgers.

Of course you know that mink fur is valuable.

I grew up visiting the Ed Burger mink farm outside Ridgeway. Foolishly one day I placed my finger near the cage of a pregnant mink. Close call!

They can be very aggressive. The caged mink then exuded a fetid smell. Mink farming is a smelly business.

Wild minks mark their territory with those fetid discharges. We are told that its discharge smells as bad as a skunk's spray.

Thankgoodness its odour dissipates much faster than a skunks. I know.

In my youth, I was interested in animal tracks and scat (animal discharge) thanks to the late Bert Miller.

Rabbit tracks and "jelly bean" pellets were easy.

Mink tracks were different. You can see the claw marks in the circa two-inch rear pads. The scat is dark brown or black. It is roughly round five to six inches in length and quite narrow. Often you could see bits of fur or bone in it. Evidence of its prey.

Yes, I have a photo of that Crystal Beach mink.

Sightings of otters locally had also been reported to me. At Baker's creek on the Niagara river photos were supplied to me as proofs of the river otter. Not so. They were mink. Another report said that they had evidence of otter slides on the bank of a local creek. Note: Audubon guide says that minks have otter-like slides only smaller, Check it out.

Look for animal tracks on your winter hikes this month. Try to identify them. Make it a hobby.

Earl Plato is an author and Fort Erie resident.

opinion page

The library celebrates Black History Month

Amy Roebuck
Fort Erie Public Library

February is Black History Month, and the Fort Erie Public Library will observe the importance of the tumultuous, sometimes brutal heritage of race relations throughout the month.

On Tuesday evening, Feb. 25, beginning at 7 p.m. at the Centennial branch, we will welcome Lezlie Harper, originally from Fort Erie, who will talk about the Underground Railroad in the Niagara Region.

Lezlie has been running Freedom Bound educational tours for ten years, and looks forward to sharing the history of black communities in our area with her own hometown.

Please bring your friends to what promises to be a lively and informative evening. Admission is free.

The Library collection includes many books for all ages on slavery, the Underground Railroad, black history and civil rights. Ask for help or suggestions, or browse the collection at www.fepl.ca.

In keeping with the black historytheme, on Thursday, Feb. 27 at 6:30 p.m. at the Centennial branch and at Crystal Ridge at 2 p.m. on March 4 we will show 12 Years a Slave. We will also screen the dramatic biographical tribute Mandela: Long Walk to Freedom on Thursday, March 20 at the Centennial branch with an earlier start time of 6 p.m., and on Tuesday, March 25 at Crystal Ridge beginning at 2 p.m.

Tonight's movie is The Book Thief, based on the bestselling work by Markus Zusak, about young Liesel who finds solace from the horrors of the Second World War in Germany by stealing books and sharing them with others.

This film and the book are highly recommended for both teens and adults. Thursday evening films begin at 6:30 p.m. at the Centennial branch, and encore on Tuesday afternoons at 2 p.m. at Crystal Ridge.

The Born to Read and Ready to Read programs continue through the end of February, then take a short break during March.

Today, the Magic Treehouse Book Club will meet at the Centennial branch at 4 p.m., and the Teen Knitters will meet at Crystal Ridge at 6:30 p.m. There is a screening of Back to the Future at the Centennial branch on Saturday at 2 p.m., and a LegoMaker Club for all ages at the Crystal Ridge branch beginning at 2:30 p.m.

It's here! It's ready! And it's hot! Hot off the presses, the March Break schedule for the library is full of great fun and activities for all ages—and most of it is free! Real raptors, Frozen fun, Wii dance parties and NHL Xbox tournaments, Babysitting and Home Alone courses and Maker Spaces, too.

Visit the website www.fepl.ca for details, or pick up a flier at any branch. Grab a calendar and plan your week with us.

Amy Roebuck is the community services coordinator for the Fort Erie Public Library.

Beet your way to good health with traditional vegetable

Dr. Gifford Jones
The Doctor's Game

Why would I want to eat beets?

Because my mother happened to like beets and said they were good for me.

You did not say no to my mother. Besides, I thought they might be better than spinach.

Now it appears my mother made an excellent choice as research shows the lowly beet packs a powerful punch.

Beets are a traditional vegetable in Eastern and Central Europe and India. Fortunately, beets are easily grown most of the year, have long storability and adapt to a wide variety of climates.

The medicinal value of beets dates back to early times.

Hippocrates, the father of medicine, recommended beets for binding wounds, blood cleansing and digestive problems.

The goddess of love, Aphrodite, believed her romantic power was due to beetroot, possibly the reason that beetroot is pictured on the brothel walls of ancient Rome. But there's more to beets than helping Romans revel in sex.

Dr. Amrita Ahluwalia, professor of vascular pharmacology at England's London School of Medicine, is author of a unique study.

She reports in the U.S. journal Hypertension that those who drank beetroot juice showed a decrease in blood pressure within 24 hours.

Equally interesting, a previous study reported that people who drank a pint of beetroot juice showed a decrease in blood pressure even when their blood pressure was normal.

So what's the secret ingredient in beets that lowers blood pressure?

For years we've known that nitrate decreases hypertension. Ahluwalia says beets are high in inorganic nitrate which, when eaten, is changed into the gas, nitric oxide (NO). Nitric oxide causes blood vessels to relax resulting in lowered blood pressure.

Another study, reported in the Journal of Applied Psychology , involved men aged 19 to 38 who drank a big glass of beetroot daily for six days before exercise tests such as bicycling.

Researchers at the University of Exeter in England proved that drinking beetroot juice boosts stamina and helps people exercise up to 16% longer. In fact the study suggests the effect is greater than that achieved by regular exercising.

Professor Andy Jones, an adviser to England's top athletes, says, "We were amazed by the effects of beetroot juice on oxygen uptake because these effects cannot be achieved by any other known means, including training."

Now, here is an entrepreneur's dream for giving McDonald's competition and maybe making zillions of dollars -- Beetroot Burgers. Professsor Garry Duthie, at the Rowett Research Institute of Nutrition and Health, says consumption of processed, convenient, high-fat foods increases every year in Scotland.

This "bad fat," he adds, undergoes oxidation in the stomach where it is transformed into potentially toxic compounds and absorbed into the body. It is linked to cancer and heart disease.

Duthie's research shows that a combination of turkey and beetroot, which contains antioxidant compounds, stops the oxidation of bad fats. Besides, he says, this combination tastes good and looks like a normal burger. So far no one has produced a commercial beetroot burger.

But now a small U.S. Company has developed Superbeets, concentrated organic beetroot crystals that pack a powerful punch. Just one teaspoon of this concentrate mixed with four ounces of water gives you the nitric oxide power of three beets for a fraction of the cost.

For instance, millions of people suffer from arthritis. Superbeets provide the nitric oxide to improve circulation, decrease nerve irritation and inflammation in joints.

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For further information see the website www.superbeets.comOr call the toll free number 1-800-665-2841.

Abandoned dog ready for a new home

Alison Langley
QMI Agency Niagara

A young doberman pinscher left for dead in a wooded area of Fort Erie is now ready for a new home.

The dog, named Tommy after the road he was found on, underwent surgery to fix a fractured hip in November and, although he's hesitant to put any weight on his back foot, he is recovering nicely.

"He's doing well," Fort Erie SPCA manager Wendy Trombley said Friday.

The animal shelter is now taking applications for Tommy and the prerequisites are simple.

"He needs time, commitment, patience... and a lot of love," Trombley said.

"He needs someone who understands dobermans and dogs with high energy and they need to have the patience and understand he's been through some stuff that we don't even know about."

The dog's owner has never been found.

A Fort Erie man was visiting friends at a Thompson Rd. home on Nov. 15 when he heard a dog yelping loudly.

When he searched out where the noise was coming from, he found the dog about a hundred metres into the brush beside the Rio Vista Golf Course.

Initially, SPCA employees thought the dog had been struck by a car.

A local veterinarian later determined the injury "was quite old" because of scar tissue found on the wound.

After Tommy was rescued, the SPCA made a public plea for help in covering the cost of surgery.

"We are so grateful to our community," Trombley said.

"Fort Erie is so supportive of its SCPA. It's amazing."

And the SPCA is hoping that support continues this spring as the Jarvis St. facility hopes to add several new rooms to its Jarvis St. facility.

"This will be the first major addition to our shelter in 30 years," Trombley said.

A new room for cats will mean its current adoption room can be converted into a free-roaming area for the felines.

"There won't be any cages so it will alleviate the stress on the cats," she said.

ALISON LANGLEY QMI Agency Niagara

Wendy Trombley, manager at the Fort Erie SPCA spends time with Tommy. The dog was found abandoned and severely injured in a rural area of Fort Erie last November.

Construction is expected to get underway in March.

A charity concert is scheduled for May 4 at the Leisureplex.

Donations can be made at the shelter and donation jars are now on display at Beatties Basics. Donations can be made online at www.canadahelps.prg/dn/13873.

alison.langley@sunmedia.ca

Community support needed for mail service

From Page 1

Young said Canada Post is expected to unveil which areas will be the first to be switched from door-to-door to community mailboxes as part of the phasing out of home deliveries.

But Young said there are a number of problems with CMBs such as lack of security, safety and they are prone to littering.

Young said the Town of Fort Erie has supported the union by passing a resolution during its Feb. 10 council meeting.

The union president is now looking for more support from members of the community.

"We are encouraging the people of Fort Erie to sign a petition to let Canada Post know they are unhappy," Young said.

"Once door-to-door service is cut, we won't be able to get it back," she added.

Young said people should look for petitions which available at local businesses in the community.

For more information e-mail the Canadian Union of Post Workers Local 536 at local536@hotmail.com.

sarah.ferguson@sunmedia.ca

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Gates to focus on jobs and health care

From Page 5

"We have a leader who is the most popular leader in the province of Ontario. It starts at the top and I think people are connecting with our leader and our policies," Gates said of NDP leader Andrea Horwath.

On the election trail, Gates said he spoke about the top issues in Fort Erie and in Niagara such as jobs, education and health care.

"I don't think the riding has seen a campaign like this in a long time. We debated the issues that I thought everyone was concerned about," Gates said.

Wayne Gates

"I think health care and education are the heartbeats of the community," he added.

What energized Gates and encouraged him to continue were the young volunteers who supported his campaign.

"I found myself so energized by the young people who volunteered. They gave me the energy to keep going out there every day," Gates said.

"I think young people have an incredible future and we just have to make sure they have jobs that they deserve and a good quality of life."

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Man finds healing in chronic pain management workshop

Sarah Ferguson
Fort Erie Times

Some days Tim Boles is able to wake up and go about his day normally.

Other days, Boles may find himself shriveled in a ball on his bed in pain.

Boles was diagnosed with Reflex Sympathetic Dystrophy. It's a disease that causes unexplained, intense pain in a part of the body which has been injured.

"It's like your body and your nerves telling your brain that you're in pain but the pain is long since gone," Boles explained.

Boles underwent surgery to cure carpal tunnel in his hand and after his surgery, he began to experience intense pain in his hand that eventually traveled to his arm and his neck.

It took several years for doctors to finally diagnosis Boles with the disease.

"The prognosis for RSD is good with early diagnosis, and the younger you are, the better the prognosis is,"Boles said.

"But I wasn't diagnosed until it was several years too late."

Boles said his life is like a rollercoaster because some days can be more painful than others.

"There are certain triggers to avoid like stress, being overactive and sometimes I don't know what triggers it."

Boles manages the pain with medication, but sometimes his medication isn't enough.

When he learned about Bridges Community Health Centre's chronic pain management program, he decided to attend the workshop.

"The first pain group I attended was four years ago and I really didn't know much about Bridges. But it's a wonderful place," Boles said.

"I've learned tons of stuff about breathing exercises and I learned that sometimes I can bring my pain down a notch or two," he said.

Boles said he learned about the importance of exercise and diet.

"Exercise is very important. Some people think they should stay away from exercise if they are hurt but they can do it with caution," he said.

"Diet is also important because there are a ton of foods that can cause inflammation," he added.

What Boles said he enjoys most about attending the chronic pain management workshops is the support he receives from others who share similar stories.

"People in pain want to tell their stories and they need a platform to do it with like minded individuals," he said.

Boles said he keeps attending the workshops to share his story and encourage other people to seek out help for their pain.

"It's tremendous how chronic pain changes your life," Boles said of why he continues to attend workshops.

"You have to relearn how to live."

Bridges Community Health Centre is currently hosting a series of workshops for people living with chronic pain.

For more information call Bridges Community Health Centre at 905-871-7621.

sarah.ferguson@sunmedia.ca

SARAH FERGUSON Fort Erie Times

Fort Erie resident Tim Boles has participated in several chronic pain management workshops at Bridges Community Health Centre. He encourages others who deal with chronic pain to call Bridges to find out more information about the workshops.

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SARAH FERGUSON Fort Erie Times

Nancy Sears took her one-year-old granddaughter Gwen Garbutt for a ride in her sleigh Monday and was frustrated to see a snowmobiler ride illegally along the sidewalk of her Niagara Blvd. home. Sears is concerned about pedestrian safety when snowmobilers ride they shouldn't.

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Snowmobilers cause headaches for resident

Sarah Ferguson
Fort Erie Times

When Nancy Sears sees a snowmobiler riding on the sidewalk she fears for the safety of her grandchildren.

Even though she appealed to the Town of Fort Erie to pass a bylaw in 2011 to keep snowmobilers off the sidewalks, Sears said there is still a problem.

"Until we got the bylaw, I counted about 93 snowmobilers in one weekend, and now it's about 23 over a weekend," she said.

Sears spent Family Day caring for her one-year-old granddaughter, Gwen Garbutt, and she decided to take her granddaughter for a ride in her sleigh near Sears' Niagara Blvd. home.

"There wasn't too much snow on the ground and I thought it was a beautiful day, but I didn't anticipate snowmobilers," Sears said.

Sears said a snowmobiler drove up behind her as she tugged her granddaughter along in the sleigh.

"He followed behind us until we got to the corner and the snowmobiler crossed the street."

Despite the town's bylaw, Sears said people continue to ride snowmobiles on sidewalks.

"From the minute the snow hits the sidewalks, the snowmobilers are there."

Sears said she's called the Niagara Regional Police but it can be difficult for the police to catch the snowmobilers to issue fines.

She is concerned a person will be injured as a result of a snowmobiler riding on a sidewalk.

"I'm trying to get the message out that people who are riding their snowmobiles on sidewalks need to stop."

The fine for snowmobiling on a sidewalk, in a park or on the the Friendship Trail is a $250 fine, municipal law enforcement officer Matt Richardson said.

"It is enforced by the Niagara Regional Police as per the bylaw as they're better equipped to deal with this kind of offence," he added.

The Town's bylaw prohibits riders from operating their snowmobiles between 12 a.m. and 6 a.m.

Richardson said it can be difficult to catch people riding snowmobiles in places where they shouldn't be.

"It is generally an offence that someone needs to be caught in the act," he said.

Residents can call the Town of Fort Erie and make a complaint but it's important to help bylaw officers help identify the people who break the bylaw.

"We need as much information about the riders as possible so we can determine who was in fact operating their machines illegally," Richardson said.

"If we can identify these people, we can speak to them about the bylaw requirements and warn them about the consequences," he added.

sarah.ferguson@sunmedia.ca

SARAH FERGUSON Fort Erie Times

Animal trainer Krystal White shows Our Lady of Victory Catholic Elementary School students Timber, a Pinemarten, during a presentation at the school last Wednesday.

Students help save endangered animals

Our Lady of Victory Catholic Elementary School students learn how to become Earth Rangers

With more than 579 species of animals in danger, the Earth Rangers are calling Canada's youth into action.

The Earth Rangers, a children's conservation organization, visited Our Lady of Victory Catholic Elementary School last Wednesday to teach students about endangered species and encourage them to join organization's mission to protect animals.

The Earth Rangers organization began eight years ago with the goal of educating children about endangered animals.

"A lot of people don't realize our actions have diverse effects on an animal's habitat," said Krystal White, an animal trainer with the Earth Rangers.

And once an animal goes extinct, it cannot come back.

"We need those animals, we need those habitats and we need to protect those animals," White said.

"One of the animals we are working to protect is the Western bumblebee. A lot of people don't realize this bee is endangered and it pollinates our crops," she added.

Through the organization's Bring Back the Wild program, children are encouraged to sign up to become an Earth Ranger, choose an animal they want to help protect and create their own donation page.

Each year, the Bring Back the Wild program chooses different animals to support, said animal trainer Véronick Fournier.

> **"The idea is to teach the next generation of children so they will learn about animals and take that information with them into adulthood.**
>
> — Véronick Fournier.

This year, the organization is raising awareness to protect the beluga whale, Blanding's turtle, the Western bumblebee and the barn swallow.

When youth sign up to become an Earth Range, they are given different missions to complete to help the animals, such as setting a fundraising goal or collecting money for research, collecting batteries and recycling them.

All of the proceeds raised by youth are collected by the Earth Rangers and are used for research endangered species, or to protect habits and restore animals to the wild.

"The idea is to teach the next generation of children, so they will learn about the animals and take that information with them into adulthood," Fournier said.

"We want to teach children that you have the power to make a difference. All you need to do is make a change," she added.

sarah.ferguson@sunmedia.ca

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2013ESCAPE SE

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Market Value	/// $38,511
Delivery Allowance	/// $4,500
Brocks Discount	/// $2,848
Costco Wholesale	/// $1,000

BROCK'S SALE PRICE **$30,363** + HST AND LIC ONLY

OPTIONS: Power windows, Locks, Tilt, Heated Seats, Heated Mirrors, **plus much more...**

2013FOCUS SE HATCH

STOCK # 132097

Market Value	/// $22,064
Delivery Allowance	/// $1,000
Brock Discount	/// $1,229

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ONLY **$114** BI-WEEKLY + TAX

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STOCK # 146012

Market Value	/// $20,624
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Market Value	/// $24,583
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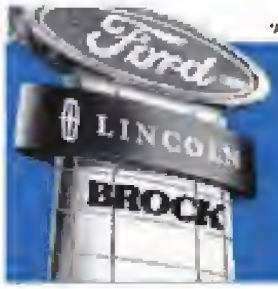

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Theatre's newest comedy is 'hysterically funny'

GARRISON LITTLE THEATRE Special to The Times

The cast of 7-10 Split prepare for its upcoming Garrison Little Theatre Performance. The play debuts at the Italo-Canadian Club on Friday.

Garrison Little Theatre debuts 7-10 Split Friday

Sarah Ferguson
Fort Erie Times

Comedy lovers won't want to miss Garrison Little Theatre's next feature, 7-10 Split.

The latest play from Garrison Little Theatre is a story about about a retired character who was an "almost pro bowler who has an almost bad back and no money," said director Derek Joynes.

"It's a comedy about what happens to the main character when he's involved in an internet scam," he added.

The play 7-10 Split, which features audience favourites such as Darka Makarec, Dan Bennett, Rick Nigh and Lee Moffatt, is, "hysterically funny," Joynes said.

The play was written by Canadian playwright Michael Wilmot, who has also written for Jay Leno's The Tonight Show.

Garrison Little Theatre will feature 7-10 Split Feb. 21, 22, 23 and 28 and March 1 with evening and matinee performances. Tickets are $35 and includes dinner.

Joynes encourages the community to attend a performance of 7-10 Split because it's important to support community theatres like Garrison Little Theatre.

"Most towns regard the theatre as an asset to their communities," he said.

Joynes said people who need a break can relax and have a few laughs.

"As a group, we tend to do comedies because they are attractive to people, especially in the winter time when people need a laugh."

Joynes said the play will entertain the young and the young at heart.

"There's really something in it for everyone," he said.

"All of the members of the cast are extremely experienced members of the Garrison Little Theatre and members of the audiences are sure to laugh."

Performances are at the Italo-Canadian Club, 1101 DiPietro Street, Fort Erie in February

Tickets can be purchased at Fort Erie Paints, 401 Garrison Rd.

For show times, menu, seating and other information visit www.garrisonlittletheatre.com.

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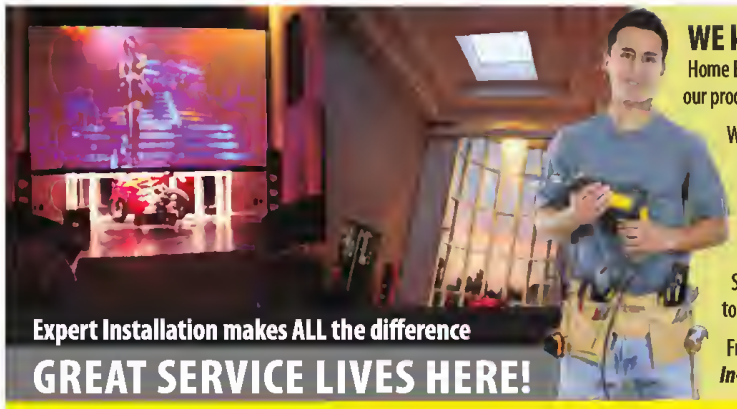

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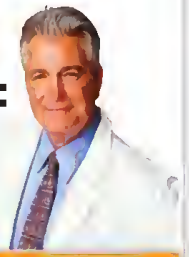

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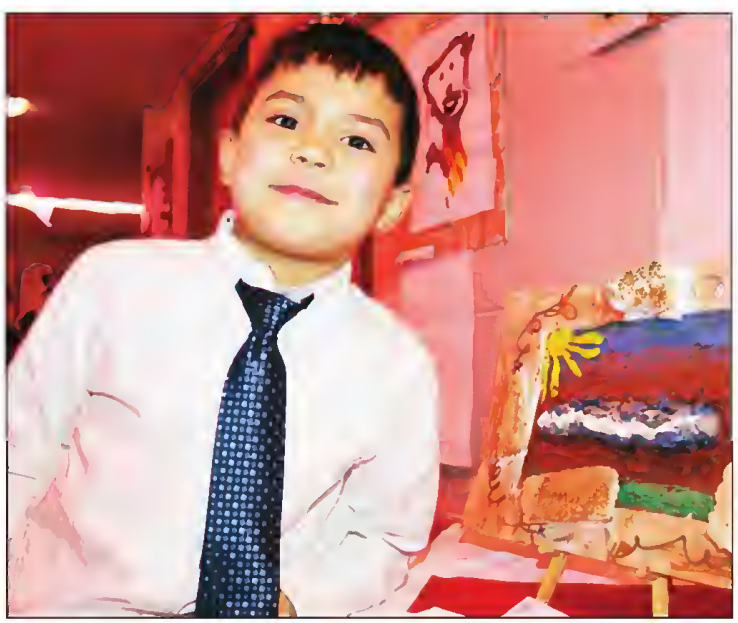
Serving up delicious food

SARAH FERGUSON Fort Erie Times

Fort Erie Secondary School culinary students catered an open house last Wednesday for the Scotia Bank on Garrison Rd. which recently opened at its new location. From left are branch manager Gord Gregory, FESS students Katherine Davies and Shelby Leesley and manager Kim Bertrand.

Youth kindles passion for art



SARAH FERGUSON Fort Erie Times

Grade 1/2 student Joshua Cuizan asked his class if they wanted to organize an art gallery to display art work from students and staff at St. George Catholic Elementary School. Last Wednesday, the student, along with the help of his class, unveiled the Crystals of St. George Art Gallery to parents, Mayor Doug Martin and members of the school.

YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. ***Nick A. Jerch***

#51

Prevent COLDS & FLUS

NPN 80036946. To helps immune function.

The only cold medicine with a money-back guarantee. Four **medical doctors** that wrote in their book SHARK LIVER OIL that you can prevent colds and flus. Dr. Hubert wrote since his own high-school age children took shark liver oil they have no more colds. Dr. Haimes's grandchildren have been taking shark liver oil for 6 months and he writes they have no more infection of any kind. **Read many testimonials on the Bell website:** "I had 3-4 flus every winter. None last 5 years." "Amazing! All of us have no more colds." "No more asthma, no puffer, no cold, no flus, changed my life". In North America this is a by-product from the restaurant industry. No sharks are caught for their liver or their cartilage. ■ **No more colds, also my eczema disappeared!** Last 2 years I would get colds often due to stress as I am an athlete and body builder. After starting Bell Shark Liver Oil #51 I had no more colds or even a sign of a cold. Dennis Tudos, 23, Kent, WA

#42

Virux Viral Infections

NPN 80042655. Helps to reduce the recurrence of cold sores.

By Dr. Chakib Hammoud, M.H., PhD.

Helps with sexually transmitted diseases, cold sores and influenza. 90% success rate per Dr. C. Hammoud. African plant base that has the ability to inhibit virus replication in our bodies. By shutting the replication down, the virus becomes inactive and therefore is not causing the body further harm. May help with HIV.

Truthful statements from real people:

■ **Registered Nurse's discovery! I'm happy to have made the discovery** that if I feel the first signs of a cold or flu like symptoms, I take Virux Viral Infection. It stops it right away. This product has been a great alternative. We know allopathic medicine does not have a cure for viruses, but nature does, using God's pharmacy is the way to go. Janna Dodds, 45, Clifford, ON ■ **First product that worked!** I have been getting cold sores a number of times a year and spent a fortune on many products that did not help me. Your Bell Virux Viral Infections helped me so much. I love it. Shannon B. Evans, 40, Panama City Beach, FL ■ **No more cold sores, no more colds!** My kids had colds and when I felt a cold coming on as well I started taking Bell Virux Viral Infections and the cold stayed away. Another great bonus about this product is I haven't had a cold sore after I started taking it. I was getting them so often and now they stopped. Thanks a tonne! Carrie Shoonbaert, 32, Deloraine, MB

#63

Stem Cell Activator

NPN B00353B5.

Helps to activate naturally millions of stem cells from our own bone marrow. The increase in stem cells released from the bone marrow into the blood stream have the potential to become other types of tissue cells with specialized function. Stem cells will multiply and are able to become heart cells, liver cells or any other organ. Located everywhere in our body, stem cells are even **under our skin layered between the epidermis and dermis.** This is why an increase in stem cells under our skin may help to create a more youthful cell that would replenish elastin and collagen and thus may make us look younger. If our bone marrow does not produce enough stem cells this can result in many illnesses, especially a weak heart, kidneys, liver, pancreas, in fact all healthy functions of our body are decreased. Sufficient stem cells in our body have a great potential of self-repair and the ability to rejuvenate tissues. ■ **Women looking for anti-aging help!** We all want to slow down aging. After using a bottle of Bell Stem Cell Activator #63 my skin seemed smoother and brighter. My hair looked healthier. It seems to have a cleansing effect. I'm delighted. *Leona McCormick, 50, Calgary, AB* ■ **All around healing effect!** The first thing I noticed after starting Bell Stem Cell Activator #63 was that my skin feels firmer and stronger. My friends commented that my skin looks more vibrant. My doctor at my yearly physical told me that my blood pressure is significantly lower. Many good things are happening. *Joy Davison, 55, Calgary, AB* ■ **Best natural medicine I ever took!** First day of using the Bell Stem Cell Activator my energy levels were way up. No more afternoon slump. A friend stopped me asking me what I was using on my skin. My pain in my hip is gone. My pants got looser. Christine Blythe, 54, Hamilton, ON

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NPN 80030470. Herbal medicine to aid digestion.

#67

Helps with back pain, inflammation, stomach troubles, strengthens heart muscle and circulation, reduces nervousness and insomnia.

With Cayenne pepper Dr. D. Servan-Schreiber M.D. writes in his book "ANTICANCER" pepper multiplies the body's absorption of curcumin by two thousand times.

Actual Results. ■ **Lower back pain relief.** Took 2 capsules and 1 at night. Next morning my back pain was completely gone. Heating pad and drugs did not help. Valerie Peoples, 53, Jonesboro, GA ■ **Parking ticket officer** had stress relief, no more angina chest pain, increased blood circulation in cold whether, has now also warm hands and feet. Joel Phelps, 47, Windsor, ON ■ **For 30 years had inflammation** in my foot from ball games. A good Turmeric was recommended (Curcumin is an extract). After 1 day had 90% pain relief. I was amazed how quickly it took effect. As a bonus had other health benefits including insomnia relief. Dan DeZorzi, 42, Maidstone, ON

#70

Inflammexx

NPN 80041845 An anti-inflammatory to help joint pain ***By Dr. Chakib Hammoud, M.H.,PhD.***

People write us it helps with all types of inflammation: ■ **For the last 7-8 years I had inflammation in my spine L4 & L5,** back and neck muscles that was unbearable and almost crippled me. After starting #70 for 30 days it gave me relief like a miracle. Most pain has disappeared and I can function again. Heather Tremblay, 53, Medicine Hat, AB ■ **Had "Charlie horses" bumps on my legs that were very painful.** I tried everything. After taking #70 the bumps diminished and I had no more pain. Mary Griego, 67, Tijeras, NM ■ **I had shingles for 30 years. After taking #70** for my shingles I discovered it also relieved my frozen shoulders. I can now raise my arms above my head, exercise and do all work again. I am ecstatic. Lovorn M. Bowe, 60, Roanoke, VA ■ **Big difference in chronic nerve pain** I suffered for 15 years all over my body, especially sciatica, osteoporosis, gout. I had great relief within 1 week. Cecile Sager, 69, Verner, ON ■ **Inflamed achilles tendon relief in 2 weeks.** I am back on the court playing basket ball. Inflammexx is amazing. Alan R. Spady, 67, Bothell, WA

STOP HAIR LOSS

#77 NPN 80035077

Dr. C. Hammoud, Ph.D. recommends:

To reduce or stop hair loss for men and women

■ With powerful DHT block, the recognized #1 cause of hair loss. ■ Unique combination of ingredients make it a guaranteed superior product. ■ Helps to rejuvenate your hair for a fuller and thicker appearance. ■ Early prevention of baldness for those that have a family history. ■ Pattern baldness (Androgenic Alopecia) is caused by an oversupply of hormones DHT (Dihydrotestosterone).

It damages hair follicles over time unless preventive action is taken. ■ Help for people who are on radiation or chemo therapy or taking other drugs that cause hair loss.

Many testimonials on the Bell website: ■ ***"My hair has stopped falling out...and my hair looks shinier and healthier."; "After 30 days use I noticed I am losing less hair! My hair now looks fuller and the texture has improved."; "Hair loss was noticeably reduced with first bottle!"; "After using Bell Stop Hair Loss #77 for 2 weeks my hair was not as thin anymore and at the end of the treatment of 2 months my little bald spot on the back of my head was growing over with little hair. This product helped to restore my youthful look."***

■ **First product that worked for me.** I have tried many other methods and I didn't see any results. With #77 I noticed a difference within a few weeks. Thank you Bell. Paul Scivoletto, 40, Markham, ON

Super advanced formula #77 Has been used successfully for many years KING SIZE - 2 months supply

#1

ARTHRITIS

NPN B00422B3 Helps to relieve joint pain associated with osteoarthritis.

Truthful actual experiences from real people:

■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage #1** spared me the endless torture. I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hanmer, ON ■ **Many people on our website write:** "Can walk again for hours";"Can climb stairs without hanging on to railing";"First time in 15 years can sleep at night" **Rheumatoid pain** in joints down 90%, same for my sister. Works also for sciatica...hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

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A brick for all the people that do not put on their headlights during the snow and high wind whiteouts

Are you kidding? Do you have any idea how hard it is to see you either in front of me or behind me and never mind when I am trying to get onto Garrison rd. from a side street. Please think and put on your full set of lights so that you don't hit me and I don't hit you.

Bouquet for neighbours

A bouquet and a thank you for my neighbours whom, in a freezing morning and defying the biting cold, came over in my help when my car decided to not start. Helpful and generous! This is one more reason for what we are happy to have chosen Canada to live in: its wonderful people. Thanks again!

Bouquet for a good citizen

A bouquet for the good citizen who I saw clearing the snow from the fire hydrants on Ridge Rd. last week. Snow banks had piled up and covered the fire hydrants. Who knows what would have happened if there was a fire and the fire department had to dig them out before they had access to the fire hydrants.

Brick for manipulative people

A brick for people who manipulate other people. It's frustrating when people are only nice to you as long as they want something. Then you're okay to be around. When they don't need you for something, than they can't even be bothered to speak with you. That's not a nice way to be.

Bouquet for happy people

A bouquet for all the people that greet you with a cheery hello and a smile on their faces. No matter what's going on in your life, whether you're having a bad day, it's not nice to be nasty to people to who didn't have anything to do with your bad mood.

Bouquet for my husband

A bouquet for my husband. We got married about a month ago and the time just flew by. I love you so much and I wanted to send a bouquet to you for Valentine's Day. Thank you for marrying me and being such a wonderful, loving husband. Here's to a long and happy life together. I couldn't imagine sharing it with anyone else but you.

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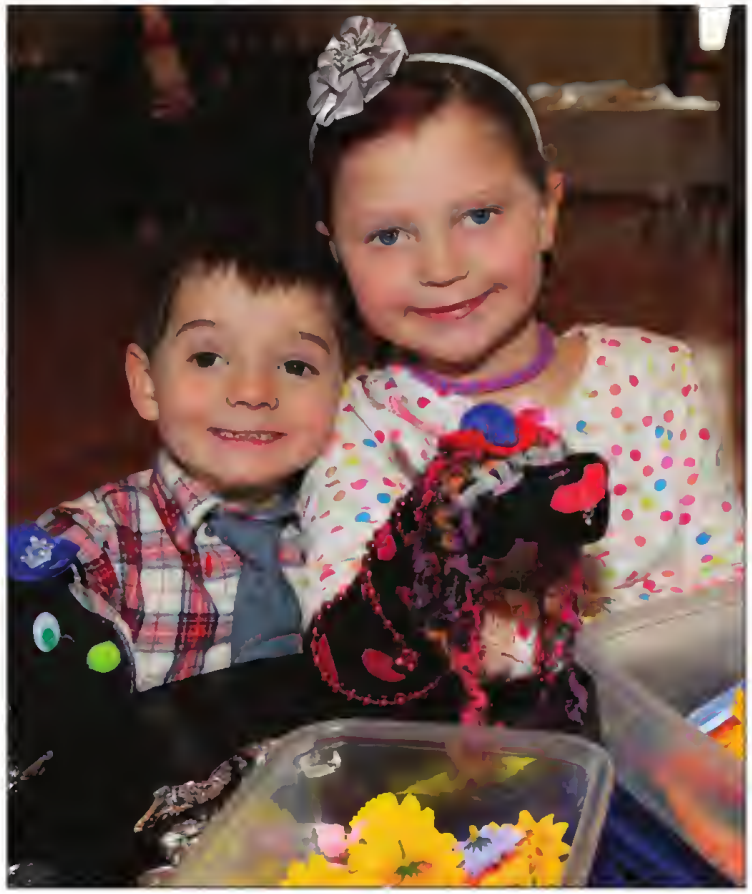
Family Day fun



JOSEPH BURD Special to The Times

From left, Evan Coldwell, 4, and Maisie Coldwell, 6, made sock puppets at the Sanctuary Centre for the Arts during Fun Day on Family Day.

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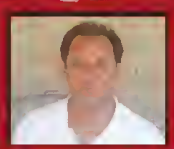
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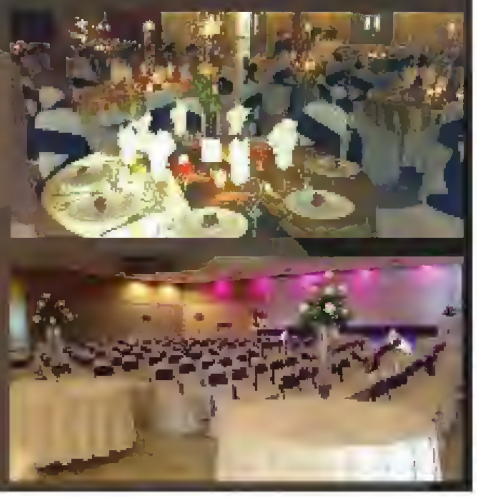

FEBRUARY 25

FREEDOM BOUND

Lezlie Harper, former resident and descendant of a freedom-seeker who settled in Fort Erie, visits the Fort Erie Public Library to talk about the history of the Underground Railroad in our community and our region. Celebrate Black History Month with us. Free. Centennial branch. 7 p.m.

FEBRUARY 27

TEEN LOUNGE

Music, food, friends, games and chat for teens at Fort Erie Public Library Centennial branch's teen lounge. 3:30 p.m. Free.

ONGOING

SOCIAL GROUP

Drop in for a warm beverage and some lively conversation the first and third Tuesday of every month. 10 a.m. to noon. Bridges Community Health Centre, Fort Erie, 1485 Garrison Rd. No registration required. For more information call 905-871-7621.

MAGIC TREE HOUSE

Read a book about Jack and Annie, do an activity, and collect passport stamps. For Grades 1 and up. $2. Registration not required. Fort Erie Public Library. Crystal Ridge branch: Centennial branch: Feb. 20, 4 p.m.

LEGO CLUB

All ages are invited to join the Make It: Lego Club! Work together with others to create a Lego masterpiece! Parents are encouraged to stay through the meetings and build with their kids. Duplo also available. $2; no registration. Fort Erie Public Library. Crystal Ridge branch: Feb. 22, 2:30 p.m.

HOW DO WE STOP THE CUTS AT CANADA POST?

Only 8% of Fort Erie residents currently get their mail at a box like this. These boxes are installed in all new subdivisions. But if Canada Post's cutbacks go ahead, we'll all be getting our mail at one of these boxes.

Don't believe Deepak Chopra and the federal Conservatives; these cuts are **unnecessary.** There are ways to keep the post office thriving in the age of email and online shopping that don't take service away from its owners, the public.

Join your local postal workers to stop Canada Post and the Conservative government from taking away your door-to-door delivery and raising postage rates. Fill the message to our local MP out, cut it out, and drop it in the mail.

THE CANADIAN UNION OF POSTAL WORKERS BELIEVES THAT THESE CUTS SIGNAL THE PRIVATIZATION OF OUR POST OFFICE - INCREASED FEES AND WORSE SERVICE FOR ALL.
Contact us at local536@hotmail.com
Or write to us at:
Box 535,
Fort Erie, On L2A 5Y1
Produced by the Canadian Union of Postal Workers

cupw sttp

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Keep these numbers handy:

Canada Post Mail Security **1 800 267 1177**
Canada Post Customers **1 866 607 6301**
Call your MP, Rob Nicholson:
905-871-9991 Fort Erie
905-353-9590 Niagara Falls
613-995-1547 House of Commons
Email: rob.nicholson.c2@parl.gc.ca

Dear Member of Parliament:

I want to let you know I am upset the Conservative government approved Canada Post's plan to end door-to-door mail delivery and drastically increase stamp prices.
This decision will have a serious impact on me, my family, friends and community. It will also hurt people with disabilities and seniors.
I believe Canada Post could preserve public postal service and improve its financial position by expanding parcel delivery and adding lucrative banking and financial services.
I value my public postal service. Tell Canada Post to scrap their plan. Please save Canada Post.

Sincerely,

(signature)_____

(printed name)_____

(address)_____ city/town _____

(postal code)_____

Mail to: Rob Nicholson, MP
House of Commons
OTTAWA, Ontario K1A 0A6

Save Canada Post

NO POSTAGE REQUIRED.

This message is brought to you by the Canadian Union of Postal Workers

DONNIE EDWARDS
R. Ph. B. Sc. Phm.

BOGGIO
Family of Pharmacies

Ask Our Pharmacists

LARRY BOGGIO
R Ph.B.Sc PHM.(owner)

PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Dntario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last Dctotier allowing pharmacists to make use of their unique knowledge. This is great news for tioth pharmacists and you, their patients. It will allow pharmacists to tie an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessitile in the community.

There are five main areas that these changes will affect:

1. PHARMACISTS CAN PRESCRIBE SEVERAL EFFECTIVE MEDICATIDNS TD HELP YDU DUIT SMDKING. PATIENTS WHD MAY WISH TD TRY THIS METHDD DF QUITTING CAN NDW BE ASSESSED BY THEIR PHARMACIST – WHD WILL USE THEIR PRDFESSIDNAL JUDGEMENT TD DECIDE IF IT IS RIGHT FDR YDU. THIS MEANS THAT YDU WILL NDT HAVE TD WAIT TD SEE YDUR DDCTDR IN DRDER TD GET DN THE PATH TD BECDMING SMDKE-FREE AND THE PHARMACIST CAN BE INVDLVED THRDUGHDUT THIS SDMETIMES DIFFICULT PRDCESS.
1. PHARMACISTS MAY BE ABLE TD RENEW YDUR PRESCRIPTIDNS WITHDUT YDU HAVING TD SEE YDUR DDCTDR FIRST. YDUR CDNDITIDN AND YDUR MEDICATIDNS MUST BE STABLE. FDR EXAMPLE, THIS MAY APPLY TD PATIENTS WHD HAVE WELL-MANAGED CHRDNIC CDNDITIDNS LIKE DIABETES DR HIGH BLDDD PRESSURE. (THIS NEW REGULATIDN DDES NDT APPLY TD NARCDTICS AND SIMILAR SUBSTANCES AND DDES NDT ELIMINATE THE NEED TD SEE YDUR DDCTDR FDR PRDPER FDLLDW UP AND MDNITDRING).
2. PHARMACISTS MAY ALSD MAKE CERTAIN CHANGES/ ADAPTATIDNS TD YDUR DDCTDR'S PRESCRIPTIDN IF NECESSARY BASED DN PRDFESSIDNAL JUDGEMENT. FDR EXAMPLE, THEY MAY CHANGE THE DDSAGE FDRM (TABLET/CAPSULE/LIQUID) DR THEY COULD ALTER THE DDSING REGIMEN AND PDSSIBLY EVEN THE DDSE TD SUIT YDU BETTER. AS ALWAYS, ANY CHANGES WDULD BE DDNE WITH YDUR CDNSENT AND THE PHARMACIST WDULD SHARE THEM WITH YDUR DDCTDR.
1. PHARMACISTS CAN NDW BE DF EVEN GREATER ASSISTANCE IN HELPING TD DEMDNSTRATE HDW TD USE YDUR DEVICES. IF YDU ARE A PATIENT WHD USES AN INHALER DR HAS SELF-ADMINISTERED INJECTIDNS, YDUR PHARMACIST CAN NDW USE THE REAL DEVICE TD SHDW YDU HDW TD USE IT, RATHER THAN USING A MDDEL DNE. PHARMACISTS WHD ARE ABLE TD ADMINISTER INJECTIDNS IN DRDER TD TEACH YDU HDW TD USE THEM HAVE COMPLETED A TRAINING PROGRAM.
1. SPECIALLY TRAINED PHARMACISTS CAN ADMINISTER THE FLU VACCINE TD PATIENTS FIVE YEARS AND DLDER. THIS WILL PRDVIDE PATIENTS WITH MDRE LDCATIDNS AND GREATER EASE DF ACCESS TD THE VACCINE.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamins/minerals that you use. Also it is important to talk to your pharmacist about your lifestyle (eg. the foods you eat and the exercise you do) so they can get the full picture in order to make the best decisions for you

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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Tel: 905.894.2200
www.boggios.com

BORN TO READ

For babies newborn through those about to take their first steps and their parent or caregiver. Bounces, tickles, rhymes, music, movement, book sharing and more. Participants should bring a small blanket and toy. $2 per session. Pre-registration not required. Fort Erie Public Library Centennial branch. Thursdays, 1:30 p.m.

READY TO READ

Join us for reading, writing, talking, singing and playing - the five fundamental skills that get children Ready to Read! For children ages 1.5 and up. $2 per session. Pre-Registration not required. Fort Erie Public Library. Centennial branch, Tuesdays, 10:30 a.m.; Crystal Ridge branch, Wednesdays, 10:30 a.m.

DIABETES HOT TOPICS

Topics to help people self-manage their diabetes. March 6, 3 p.m. to 4 p.m., Dental Care and Diabetes, with dental hygienist, Nancy Pierce. Call Bridges Community Health Centre Fort Erie at 905-871-7621 for more information.

BRAIN EMPOWERING

Team support group for individuals with chronic health conditions, survivors of stroke, those with neurological impairments and volunteers. Weekly meetings in Fort Erie include speakers reading about health issues and discussions. New members welcome. Call 905-871-7510 or 905-871-3948.

NIAGARA ACTION

For Animals Bazaar every Saturday and Sunday and statutory holiday from 9 a.m. to 6 p.m. at the County Fair Mall. Proceeds to benefit local animals in need. For more information call Patricia Naylor at 905-871-7493.

ALZHEIMER'S SOCIETY

of Niagara Region support groups for care partners meet the first Tuesday of the month, 1:30 p.m. to 3 p.m. at Welland Community Wellness Complex, and second Wednesday of the month, same time, at Foyer Richelieu. For information, call 905-687-3914.

ACAPELLA NIAGARA

Men's Chorus invites singers for fun, fellowship and fabulous four-part harmony at Welland Community Wellness Complex, 145 Lincoln St., on Tuesday nights at 7:30 p.m. For info call Kerry at 289-820-6584.

INFERTILITY SUPPORT

Individuals looking for a support group can find help. Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertilityniagara@hotmail.com for location or more information.

CHRONIC PAIN

Learn and use new coping tools or strategies for managing your chronic pain. Feb. 19 to April 2, 1:30 p.m. to 3:30 pm. Bridges Community Health Centre, Fort Erie. 1485 Garrison Road. For more information call 905-871-7621.

KNITTING

Want to learn to knit or practice knitting? Ages 8-14 years old. Free in partnership with the Bowen Road Women's Institute. All materials are supplied. Fort Erie Public Library Crystal Ridge branch. Thursdays, 6:30 p.m.

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Niagara Region

A call for help

SARAH FERGUSON Fort Erie Times

Mandy Crosby of Community Program Outreach Erie stands inside the organization's empty food bank. COPE is in need of a variety of items which include peanut butter, tuna fish, pancake mix, syrup, canned fruit, cold and hot cereal, soup, crackers, cookies, juice boxes, milk, butter and bread. Donations of spare change are also being accepted for the organization's coin drive.

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THE TOWN OF FORT ERIE

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EMERGENCY TELEPHONE INFORMATION 905-871-1600

RADIO EMERGENCY INFORMATION 91.7 FM - 105.7 FM - 610 AM

FORT ERIE ONTARIO

Our Focus: Your Future

** TAX NOTICE **

TOWN OF FORT ERIE 2014 INTERIM TAXES

FOR ALL PROPERTY CLASSES

FIRST INSTALLMENT DUE FRIDAY, FEBRUARY 28, 2014

For further information regarding payment of taxes, please refer to the back of your tax bill.

2014 interim tax bills were mailed on February 7, 2014

Office Hours: 8:30 a.m. – 5:00 p.m.
Monday through Friday

Monthly payment plans by pre-authorized bank withdrawal are available for accounts with past due taxes and current year taxes. For information contact: Town of Fort Erie at (905) 871-1600

Gillian Comey
Manager of Revenue & Collections

OVERNIGHT WINTER PARKING ON STREETS

ATTENTION ALL MOTORISTS: In an effort to keep the streets free of vehicles during the winter months for snowplowing and sanding operations, residents are reminded that no overnight parking is permitted.

Traffic By-law No. 2000-89, Section 205 provides that "No person shall park a vehicle or permit a vehicle to remain parked" on any street in Town "between the hours of 2:00 a.m. and 7:00 a.m. between November 1, 2013 and March 31, 2014."

The Town's By-law Enforcement Officers will be exercising vigilant enforcement of By-law No. 2000-89. **Your vehicle will be issued a parking ticket and could be towed, at your expense,** if found in violation of the by-law.

Enquiries may be directed to the Town's By-law Enforcement Officers by calling (905) 871-1600, Extension 2216 (Geoff Stephenson) or Extension 2215 (Matt Richardson).

HEY STUDENTS!!!! LOOKING FOR SUMMER WORK????

The Corporation is now accepting applications for summer **student employment opportunities** in parks/cemeteries; facilities; roads; horticulture; museums and engineering. Work schedules may include weekends and holidays. Some positions require a valid, Class G drivers' license. Further details are available at www.town.forterie.ca. Go to "Town Hall", scroll down and click on "Employment Opportunities".

Returning students MUST apply. Application forms are available on-line and at Town Hall. The deadline for receiving applications is **5:00 p.m. FRIDAY MARCH 21, 2014.** The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request.

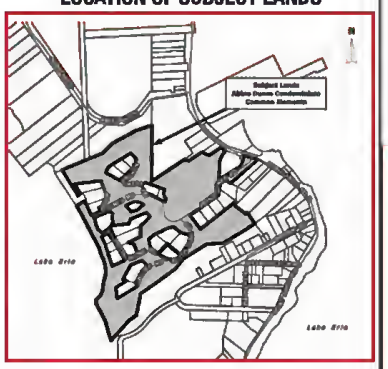
TOWN OF FORT ERIE

REVISED NOTICE OF COMPLETE APPLICATION AND PUBLIC MEETING

DRAFT PLAN OF CONDOMINIUM (COMMON ELEMENT)
ABINO DUNES
OWNER: ABINO DUNES CORPORATION
AGENT: RICHARD HALINDA
Applications: 350303-018

DATE: MARCH 3, 2014
TIME: 6:00 PM
LOCATION: TOWN HALL, COUNCIL CHAMBERS

LOCATION OF SUBJECT LANDS



PROPOSED CHANGE

An application has been received for a Draft Plan of Common Element Condominium for the Abino Dunes Subdivision in Point Abino. The subject property is located at the south west limit of the Town of Fort Erie and has an area of approximately 33 hectares (81.5 acres). The lands are in the process of developing for 28 single detached dwellings each with a private sewage disposal system. The Minister of Municipal Affairs granted approval for a Plan of Condominium in the 1980's. The Condominium Approval that was granted by the Ministry of Municipal Affairs in the 1980's did not permit the final approval and registration of the Condominium Plan until such time as all single detached dwellings were constructed and services were installed. Recent changes to the Condominium Act now allow for the registration and creation of a condominium corporation prior to full build out.

The purpose of the Application for Common Element Condominium is to permit a Common Element Condominium to be registered prior to the subdivision being fully developed.

HAVE YOUR SAY

Input on the proposed Draft Plan of Condominium is welcome and encouraged. You can provide input by speaking at the Public Meeting or by making a written submission to the Town. Please note that unless you do one of the above now, you may not be able to appeal the decision later.

MORE INFORMATION

For further information please contact Matt Kernahan, Senior Development Planner at (9D5) 871-16DD extension 25D7 or mkernahan@town.forterie.on.ca. A copy of the Information Report will be available to the public on **February 27th, 2014.** The information report will be available in the Council agenda portion of the Town's Web Site: www.town.forterie.on.ca or from the Community and Development Services Department.

WRITTEN SUBMISSION

To provide input in writing, or to request written notice of the decision of the Draft Plan of Condominium, please send a letter c/o the Town Clerk Carolyn Kett, 1 Municipal Centre Drive, Fort Erie, Ontario, L2A 2S6 or an email to ckett@town.forterie.on.ca

PLANNING ACT LEGAL NOTICE REQUIREMENTS

The Town of Fort Erie has not yet made a decision regarding this application.

After considering any written comments and the comments from the public meeting, a Recommendation Report will be prepared for a future Council-in-Committee meeting.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Fort Erie in respect of the proposed Draft Plan of Condominium before the approval authority give approval to the Draft Plan of Condominium, the person or public body is not entitled to appeal the decision of the Town of Fort Erie to the Ontario Municipal Board.

If a person or public body does not make oral submissions at a public meeting or make written submissions to the Town of Fort Erie in respect of the proposed Draft Plan of Condominium before the approval authority give approval to the Draft Plan of Condominium, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board, unless in the opinion of the Board, there are reasonable grounds to do so.

If you wish to be notified of the approval of the Draft Plan of Condominium, you must make a written request to the Carolyn Kett, Town Clerk and such request should include the name and address to which such notice should be sent.

Dated this 20th day of February, 2014

Carolyn Kett, Town Clerk — Richard F. Brady, MA, MCIP, RPP, Director of Community and Development Services

Erie Beach was once known as Buffalo's 'Atlantic City'

Charles Davies
Special to The Times

Search for another major footprint on the landscape of Fort Erie.

Start at Old Fort Erie and follow Lakeshore Road to its end, to a wooded area, and proceed on the bike trail to discover some relics of the past.

You will be walking on what was the promenade of the Erie Beach Park, once referred to as Buffalo's Atlantic City.

In the wooded grove to your right are cement bases that supported animal cages; one of the attractions was a zoo.

As you look to your left you will spot the concrete footings that supported amusement park rides — The Loop, Dodgem Cars, a figure-eight coaster, slide tower, a scenic railway and much more.

Further on are the ruins of the dance hall and beyond it, jutting out into the lake, the walls that enclosed the largest swimming pool in the world. Another projection into Erie's waters was the pier, it's derelict remnants still visible above and below the water.

The dance hall was three storeys high, with change rooms on the first floor, the dance floor on the second, and a restaurant on the third. There was also a casino.

The presence of this deserted windowless concrete shell tested the courage and curiosity of young local boys and girls who, like this writer, along with friends, often scaled the walls to the balcony on the second floor. Once inside you could look down on the dance floor from the interior balcony. It stood vacant from 1930 until the late 60s when it was demolished.

The Erie Beach development started with a company founded by Americans whose names are still remembered in Buffalo—Wanenmaker, Tuttle, Weber, Burt and Allard.

They purchased the land, bought two boats—the Niagara and the Hope—and constructed a railway line, named the Fort Erie, Snake Hill and Pacific Railway, that transported people from the ferry dock in Fort Erie to the site.

People came in droves, fulfilling the developer's dreams of a playground unmatched in North America. No small undertaking, it included an airport, an athletic field with covered bleachers, and a 65-room hotel with private baths.

It came to an end in 1929 when the stock market crashed and the Great Depression was on our doorstep.

Lack of funds and patrons silenced the rides and left Erie Beach Park to crumble under the forces of nature.

For a detailed account of Erie Beach, including a fine selection of pictures, have a look at the book, Many Voices at your local library or at the Fort Erie Historical Museum in Ridgeway.

Charles Davies is a member of the Heritage Arts Legacy of Fort Erie.

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St. Catharines 353 Lake St. 905-646-8812
St. Catharines 100 Fourth Ave. 905-682-6328
Niagara Falls 6225 Thorold Stone Rd. 905-354-0186
Fonthill 20 Hwy 20 E. 905-892-4765
Welland 30 Rice Rd. 905-735-6819

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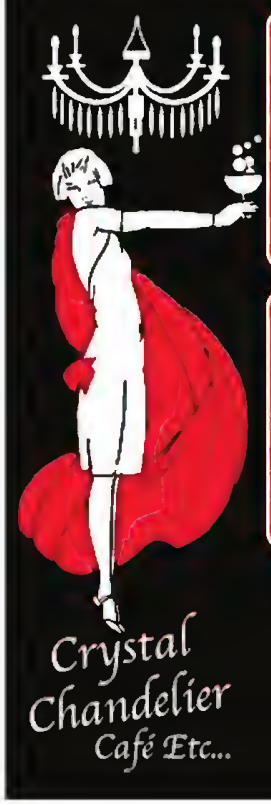

Wednesdays
Open mic Night with lb. wings and bottle of domestic for $8.00

Thursdays
Ladies Night with New Tapas Menu and $5.50 Martinis

Fridays
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COLLIN STACHURA Special to The Times

Meteors goalie Liam Conway dives back cross the net for one of his 39 saves out of 46 shots on goal, Monday night against the Caledonia Corvairs at the Fort Erie Leisureplex. The Meteors lost in a 7-0 shutout.

Corvairs defeat Meteors in 7–0 shutout

Collin Stachura
Special to The Times

Mitch Brown scored the final goal, which sealed a 7-0 decision in favour of the Caledonia Corvairs over the Fort Erie Meteors on Family Day.

The Meteors were trying for their first win over the Caledonia Corvairs Monday at the Fort Erie Leisureplex. but were unsuccessful.

With only two games left in the regular season of the Greater Ontario Junior Hockey League's Golden Horseshoe Conference, the Meteors' loss does come with an upside.

If the St. Catharines Falcons lose their next game, they will meet the Meteors in the first round of playoffs. If not, head coach Chris Johnstone said the Meteors will have a hard series ahead of them with Caledonia in the first round of playoffs.

But Johnstone said he has "no worries" and hopes to get three of the Meteors' players who've been out, back in time for the playoffs.

"We have three pieces out of the lineup that we're hoping to get back for the playoffs, and we're going to juggle some stuff around, Johnstone said.

If the Meteors plan to make it past the first round of the playoffs they will need to avoid penalties, something that has plagued them all season.

" We need to stay out of the box," Johnstone said.

The Meteors were looking for back-to-back wins against the Buffalo Regals Saturday night at the Fort Erie Leisureplex after they defeated Buffalo 4-2 last Tuesday. But the Meteors came up short, losing their first game against Buffalo 4-2.

Jesse Pereira and Jared Marino picked up the only two goals for the Meteors.

The Meteors will hit the road Thursday to face the Thorold Blackhawks with game time set for 7:07 p.m.

Fort Erie's last regular season game is against the St. Catharines Falcons on Saturday Feb. 22 at the Fort Erie Leisureplex. The puck drops at 7:15 p.m.

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SARAH FERGUSON Fort Erie Times

From left are members of the Heritage Arts Legacy, Ed Chadwick, Tony Evershed and Ted Miskolczi.

Heritage Arts Legacy offers bursaries for youth

Sarah Ferguson
Fort Erie Times

Fort Erie has a number of athletes and the Heritage Arts Legacy is hoping to highlight one.

Each year, the Heritage Arts Legacy has honoured one athlete with a $500 bursary and the Heritage Arts Legacy Sports Award, said chairman Ruby Smith.

The criteria for the award is a high school or post-secondary student "of good character and community standing" who excels in a sport, Smith said.

The winner will be recognized at a ceremony planned for spring and his or her name will be featured on the Ed Chadwick Cup which is on display with other sports memorabilia at the Fort Erie Lesiureplex.

To nominate an athlete for the award, call the Fort Erie Golf and Country Club and provide the person's name, photo and information.

Smith said the Heritage Arts Legacy will hold its annual fundraising golf tournament, The Heritage Heroes Golf Classic, at the Fort Erie Golf Club on June 22.

The tournament with have a shotgun start time at 1 p.m., followed by dinner served at 5 p.m.

The fee is $65 for non-members, $45 for golf club members. The fee includes 18 holes of golf, golf cart and dinner. The fee for those who wish to attend the dinner only is $25.

Smith said both golfers and sponsors are needed for the event.

sarah.ferguson@sunmedia.ca

Church Directory

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Riverside Community Church
www.riversidecommunityc.com
905-871-8880 / 2669 Niagara Parkway
The Life of Jesus - Part II -
Sunday Services 9:00am & 10:45am

Call to reserve your church listings each week
905-871-3100 ext. 202

forterie times .ca

Who will be selected for Fort Erie Time's 1st Annual Volunteer Recognition Awards?

We're extremely proud of the contributions volunteers make to our community. We all know many of these often unsung heroes who add so much to the quality of life in Greater Fort Erie - let's put their names forward for official recognition by the The Fort Erie Time's and its Readers and the Citizens of Greater Fort Erie in a special section in the Fort Erie Times during National Volunteer Week. Simply complete the nomination form, submitting the volunteer's name in one of the following categories:

1. Work with Seniors
2. Work with Youth
3. Historical Contribution
4. Cultural (Arts, Music, etc.)
5. Protecting the Environment
6. Education
7. Sports and Recreation
8. Safety
9. Service Clubs
10. Work with Needy or Disabled
11. Volunteers under 21
12. Community Events

In addition to the 12 categories listed, if you wish to submit a new category for recognition please submit the category and we will give it consideration to be added to the list. All names submitted must include a letter of supporting information stating why your nominee should win. Nominations will be gathered by the Fort Erie Times to be forwarded to the selection committee. One volunteer in each category will be selected to be honoured by the the Fort Erie Times at a special ceremony and will be profiled in the Fort Erie times during National Volunteer Week.

VOLUNTEER RECOGNITION AWARDS NOMINATION FORM

I wish to nominate:

Name:_____
Category #:_____
Address:_____
Phone #:_____
Submitted by: (and phone #)_____

1. Complete the nomination form along with a brief note outlining the nominee's contribution by FRIDAY MARCH 14TH 2014.
2. Mail, fax, phone, e-mail or drop off your nominations to The Fort Erie Times 450 Garrison Road, Fort Erie Ontario L2A 1N2 or E-Mail myra.robertson@sunmedia.ca
3. Selected volunteers must agree to appear in a special feature story or another nominee will be selected.
4. Nominations are limited to people who live in the Town of Greater Fort Erie Area

Presented by The Fort Erie Times

Nomination Deadline Extended
Friday March 14th 2014

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General Help Wanted

The Fort Erie Times

CARRIERS WANTED

Fort Erie
(Walden, Riceland, Douglas)

Fort Erie
(Albert, Dominion, Keel)

Crescent Park
(Scott, Dominion, Ferndale)

Crescent Park
(Lakeview, Daytona, Lakeside)

Crescent Park
(Buffalo, Scott, Orchard)

Ridgeway
(Maple Leaf, Burleigh, Poplar)

Ridgeway
(Charleston, Barrington)

Haven't Seen A Route Advertised For Your Area? Call & leave your name, address & telephone number & we will call you if one becomes available.

If interested call Petrina at
905-871-3100 ext. 201

Miscellaneous

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We pick up usable furniture every Saturday
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36 Jarvis St. 905-871-0203

St. Patrick's
Spaghetti DINNER
NEXT DINNER THURSDAY MARCH 13TH
Continuous Serve 5-7pm
All Saints Anglican Church
149 South Mill, Ridgeway
Spaghetti, Meatballs, Salad and Dessert
Adults $8.00
Children 5-12 $5.00 • UNDER 5 FREE

Apartments

1 BEDROOM upper APT all new windows, appliences, hardwood floors $675includes utilities cell or text 905-650-2820

2 bdrm basement apt. Fridge, stove, storege, and leundry room. $520 per mnth + electric. Joe 905-871-2099

2 BEDROOM APT overlooking Niagara River, completely renovated, includes new appliances $900 incl util. cell or text 905-650-2820

2br Upper level apt for rent. $795/mo. Utilities inc. Appliences inc.Aveil Mar 1, Gerrison Rd. Fort Erie, Cell 905-357-0100

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JARVIS ST. Fort Erie, 1bdrm detached cottage, $550 includes utilities first/last. Avail. immed. 905-894-3160

Legals

NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF ELIZABETH CHARLOTTE ANN EVERETT, also known as BETTY EVERETT

All persons having claims against the Estate of ELIZABETH CHARLOTTE ANN EVERETT, also known as BETTY EVERETT, late of the Town of Fort Erie in the Regional Municipality of Niagara, who died on the 13th day of October, 2013, are notified to send particulars to the undersigned on or before the 17th day of March, 2014, after which date the estate will be distributed with regard only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice.

Dated this 4th day of February, 2014.

Bruce Mark Reaman and Julie Anthony,
Estate Trustees by their solicitors
Jones, Jamieson & Redekop
288 Ridge Road
P. O. Box 340
Ridgeway, Ontario
L0S 1N0
Telephone 905-894-0220
Fax 905-894-5356

NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF ROBERT ALEXANDER STEVENSON

All persons having claims against the Estate of ROBERT ALEXANDER STEVENSON, late of the Town of Fort Erie in the Regional Municipality of Niagara, who died on the 28th day of December, 2013, are notified to send particulars to the undersigned on or before the 17th day of March, 2014, after which date the estate will be distributed with regard only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice.

Dated this 6th day of February, 2014.

Wayne H. Redekop, Estate Trustee
Jones, Jamieson & Redekop
288 Ridge Road
P.O. Box 340
Ridgeway, Ontario
L0S 1N0

Telephone 905-894-0220
Fax 905-894-5356

NOTICE TO CREDITORS AND OTHERS IN THE ESTATE OF MICHAEL THOMAS LILLIE

All persons having claims against the Estate of MICHAEL THOMAS LILLIE, late of the Town of Fort Erie in the Regional Municipality of Niagara, who died on the 25th day of November, 2013, are notified to send particulars to the undersigned on or before the 17th day of March, 2014, after which date the estate will be distributed with regard only to claims of which the undersigned shall then have notice, and the undersigned will not be liable to any person of whose claim the undersigned shall not then have notice.

Dated this 4th day of February, 2014.

Daniel James Lillie, Estate Trustee
by his solicitors
Jones, Jamieson & Redekop
288 Ridge Road
P. O. Box 340
Ridgeway, Ontario
L0S 1N0

Telephone 905-894-0220
Fax 905-894-5356

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businessdirectory

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All other moments call:
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Fax: 1-866-757-0227
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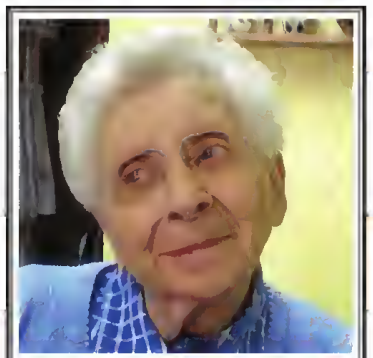
Marking your milestones.

Obituaries | In Memoriam | Thanks | Births | Celebrations | More

Birthdays



Open House
in honour of
Doris Saxton's
100 years of a wonderful life.

1122 Benner Rd., Fort Erie
Wednesday February 26th
1-3 pm

Coming Events

LOVE TO SING?
St. Mark's Anglican Church, Niagara-on-the-Lake urgently needs **SOPRANOS** for our choir. We meet Thursdays 7pm-9pm. Sunday Service at 10:30 am.
Special upcoming event in November; Mozart's Requiem with Orchestra.
If interested please call 905-468-3123.

PANCAKE SUPPER
Shrove Tuesday March 4
St. John's Anglican Church
2251 Ridgemount Rd, Stevensville
Serving 4:30-7pm. Pancakes, Blueberries, Maple Syrup & country sausage.
ALL YOU CAN EAT. Adult $8 Children $4
EVERYONE WELCOME!

Personal Notices

NAME CHANGE
WE PARRAMJIT SIINGH (FATHER) AND REENAA SAAWHNEY (MOTHER) OF ROYALLAA R/O 1116, SECTOR-79, MOHALI, DISTRICT – S.A.S. NAGAR, PUNJAB-140308, INDIA, CURRENTLY RESIDING AT 123 IDYLEWYLDE STREET, FORT ERIE, ONTARIO, CANADA L2A 2L2, WISH TO CHANGE OUR DAUGHTER'S NAME TO ROYALLAA SIINGH AND ALSO ADDED HER SURNAME AS SIINGH.
ALL CONCERNED PLEASE NOTE.

Obituaries

AITKEN, Irene Margaret (nee Reid) - Passed away peacefully surrounded by the love of her family and friends on February 14th, 2014 at the age of 82 years. Reunited with her true love the late Robert (Bob) Aitken (August 2012). She is survived by loving sister Edith (Mac) Elliot and predeceased by parents Samuel and Edith Reid, and brothers William (survived by Judy), and Laurence. Irene started her career as a Customs Broker in Fort Erie, retiring as Manager of W. G. McKay Customs Brokers, Windsor, in 1992. She was the first woman president of The Windsor Transportation Club. Until her poor health, Irene was still actively attending customs retirement functions and transportation events and loved to hear the latest news around the ports of Windsor or Fort Erie, Ontario. If you so desire, donations to the Memorial Fund of Westminster United Church or a Charity of Choice would be appreciated by the family. Visitation Monday 3:00-5:00 and 7:00-9:00 p.m. and Tuesday 10:30 a.m. until time of Funeral Service at 11:30 a.m. at **FAMILIES FIRST** 3260 Dougall Ave. South Windsor, 519-969-5841. Private Interment to follow. Share memories, photos or make a donation at
www.FamilieaFirst.ca

ROOS, Marjorie – Left us on Monday February 10, 2014 to join her family in heaven. Marjorie in her 94th year has joined her beloved husband Pieter, her daughter Beverly Kenezone and sons Harry ("Don") and Ronald Hunt. Left to remember, are her grandchildren and great grandchildren. Thank you to the team at The Garrison Place, Ann-Marie and John Griffith and her church family at Riverside Community Church for loving and caring for her. At Marjorie's request cremation has taken place and a graveside interment will take place at a later date.

WENK, Lois Ferguson (nee Griffin) - On February 9th, 2014 in her 95th, year. Predeceased by her first husband Archie Earl Ferguson (1944), by her second husband F.A. Buell Wenk (2003), by her parents Andrew & Pearl Griffin, by her sister Dorothy Pearl Vamplew and by her niece Cindy Fraser. Survived by her children Heather, Ronald (Sadie), Linda, Deborah (Ed), grandchildren Andrew, Gerald (Darin), Laura, Brittany, her sister Toni (Howard) and nieces & nephews Anita (Dave), Russell, Cindy, Sheryl (Darrin), Glen, Kristen (Levi), & Judy (Tom), Sharon (Norm), Archie (Bev), and Liz (Harold). **BENNER FUNERAL SERVICES** 1105 Benner Ave. Fort Erie entrusted with arrangements. Family and friends gathered for a celebration of Lois's life at St. Paul's Anglican Church for a service at 2pm on Saturday February 15th, 2014. Donations to Fort Erie SPCA or the Fort Erie Legion would be appreciated by the family.

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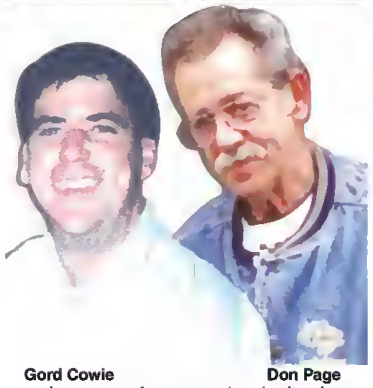
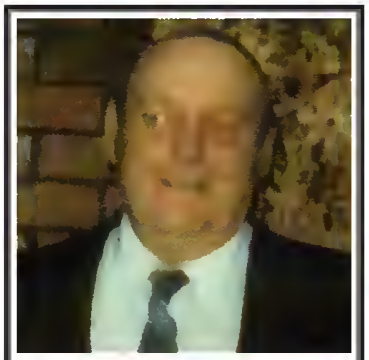
Obituaries | In Memoriam | Thanks | Births | Celebrations | More

In Memoriams



Gord Cowie Don Page

In memory of my son and my husband
Gord Cowie (February 26, 2009)
Don Page (February 16, 2010)
When my tomorrow starts without you,
We are not far apart,
Every time I think of you
You are right here in my heart.
Elizabeth



Morris Riddell

Lovingly remembered and missed for 10 years (Feb. 22, 2004) by Tim, Judy, Jenny, Chase, Tracy and Kristopher.

Memorial Services

BOB STEVENSON

Celebration of Life
on Saturday, March 1st
at 2:00pm at
Fort Erie Legion
130 Garrison Rd., Fort Erie

RIDDELL MORRIS
Feb 22 - 2004

On this day our lives changed forever. I have missed you so much even though its been 10 years it seems like yesterday, the pain never goes away.
I love you, Dad.

Love Sandy & Greg

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Celebrate

Graduation
Obituaries - In Memoriam
Thanks - Births - Birthday
Engagements - Anniversaries
Marriage - Retirements - Reunions
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